

Student Nutrition

The school is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. All foods offered at St. James will meet or exceed the USDA Smart Snacks in School nutrition standards. The school recognizes that healthy eating habits are essential for students to achieve their academic performance, physical and mental growth and lifelong wellness. It is obvious that well-planned and well-implemented school nutrition programs have demonstrated to positively influence students eating habits.

The School Breakfast/Lunch Programs

St. James School recognizes that our nutrition program is an essential educational component linked to an increase in overall academic performance and wellness. In compliance with federal law, the school's National School Lunch Program and School Breakfast Program shall be nonprofit. The school shall comply with all the federal requirements for program operation.

Cafeteria Environment

Students at St. James are provided with a pleasant, safe and nurturing environment for eating meals. Students have a 30 minute lunch period. Students are not allowed soda during the regular school day. All juice served contains 100% fruit juice and carbonated beverages are strongly discouraged. The school makes water available where school meals are served. If needed, water will be available to all students throughout the school day. Students are allowed to bring water bottles filled with only water with them throughout the day. During physical education classes, students are provided water with paper cups because our water fountain does not work properly. The principal supervises the 3 lunch waves on a daily basis and reviews the process to ensure that the physical structure of the eating area is good and seating is not overcrowded. Tables are washed at the end of each lunch wave by faculty members. The custodian washes the floors at the end of our 3rd lunch wave. Rules for safe behavior are consistently enforced and noise is not excessive at any given period.

Fundraising

All fund raising projects prior to the instructional day will adhere to the federal NSLP and SBT regulations. Any foods sold to students within the school day must be certified by the Food Service Cafeteria Director and meet the USDA and CSDE standards. The sale of non-food items is strongly encouraged to be used for fundraisers. St. James participates in Yankee Candle, Road Races, Golf Tournaments, Raffles, and Wine Tasting events.

Nutrition Practices in Classroom

St. James promotes healthy snacks for the students and faculty. We do not participate in using food items as a student reward or an incentive program. Non-food alternatives are strongly encouraged for classroom celebrations. For example, St. James provides certificates, pencils, trinkets, and movies for classroom celebrations.

Parent/Guardian Information

Nutritional information will be provided to parents on health snack, breakfast and lunch ideas, nonfood celebration ideas, healthy portion sizes, food label reading guidelines and activities to encourage physical activities outside of school. This school will actively inform families and the public at the beginning of each school year and at the end of the year during the re-registration process. The Wellness policy will be uploaded on our St. James School website. The school will also provide contact information and as much information as possible about the school nutrition environment.